

JACK'S ELECTRIC
BLANKET. FINE TO
SWEAT THOSE LEGS

PATENTED BY T. McGRATH

M'CARTHY TALKS ON FISTIC GAME

Popular Welterweight
Tells of Boxing.

How Fighters Train--What
They Eat and
Drink.

Interesting Pugilistic Chatter From
a Ring Artist's Stand-
point.

BOXING is one of the best forms of exercise known. Its origin dates so far back that it is impossible for anyone to state definitely the scene or time of its birth. "The Turks and Romans were patrons of the sport, they taught their children the use of their hands at a very early age." Of course their knowledge of the art at that time was crude and brutal. The hands being bound with rawhide, and pierced with holes for the fingers, which was termed a cestus, which would break bones when hit with small force. When you compare our finely trained, and quick moving athletes, with padded gloves, to those of years ago they would feel ashamed at the difference, as we are so much superior to them. They fought with bare fists in England and this country, but it didn't gain popularity.

Fig Was First Champion.

Tom Fig was the first champion in 1719. From then on the sport began to take a firmer hold among the different classes. John L. Sullivan fought as a bare fist fighter and as a champion with the gloves. Up to date nothing can be said against the sport, when it is considered in light of a pastime and as a means of exercise. As a sure road to health, boxing is unsurpassed. The man who studies the art finds his muscles growing stronger, well formed and elastic, his heart action better, his blood rich, his eyes bright, and his brain clear and alert. It gives him erect shoulders, nice, light, springy step, and an ease of carriage which is always noticeable in one who is proficient with the gloves.

Boxing is always interesting. When one feels tired or lousy, then is the time for a bout with the gloves as it puts new life in him, for the rest of the day

he is up and doing and is full of life, and ambition.

Much has been said against boxing. Many persons believe that it lowers their moral tone, but instead it strengthens it. As nowadays, or for the past two years, the best boxers are of the rangy, delicate build, such as McCoy and Abe Attell, who are the fastest boxers in the business; also Tommy Ryan and Philadelphia Jack O'Brien, two of the brainiest men in the business. These men are reputed to be worth \$40,000 to \$60,000.

Fugs Are Curiosities.

A fighter is often looked upon as a curiosity. Many people think they are going to see a big, rough fellow, without manners or refinement, but they are mistaken. He is just the same as the man you meet in ordinary life, only that he follows the boxing profession. The best boxers are educated and conduct themselves very properly.

He rises at 6 or 7 o'clock and takes a few breathing exercises. Then a very light breakfast. After resting awhile he is ready for his roadwork. Wear

plenty of clothing, bandage the stomach and legs well. Then do from 8 to 12 miles on the road. After the run, dry off with heavy bath towel, then a

good rub-down which should be done by a professional rubber.

Dinner should consist of some nice roast beef or lamb--always avoid grease. For desert stewed prunes or rice, don't use coffee or pastry of any kind. Thin green tea is the best drink. At 3 o'clock comes the hardest work of the day, it will be as follows: 4 to 8 rounds of bag punching. Then the wrist machine, Indian clubs, medicine ball, and shadow boxing which is one of the latest fads in boxing and is quite beneficial. Some rope skipping which I think is one of the best exercises, but is not used by some pugilists. Then rough it with a wrestling partner. Then wind up by boxing 2 or 3 rounds with the upholstered gloves, just to keep the eyes good and judgment of distance accurate.

Always retire at 9 or 10 o'clock as one

IN HIS BOXING
MUNROE HAS
PRACTISED BLOCKING
HIS BODY.

HERE SHOWS SOME PREPARATIONS MUNROE WAS MAKING FOR THE BIG FIGHT.



JEFFRIES AND HIS PETS.

No Mister.

Elihu Root, who has returned to the practice of law in New York City, has engaged a new office boy. Said Mr. Root: "Who carried off my paper basket?" "It was Mr. Reilly," said the boy. "Who is Mr. Reilly?" asked Mr. Root. "The janitor, sir." An hour later Mr. Root asked: "Jimmie, who opened that window?" "Mr. Lantz, sir." "And who is Mr. Lantz?" "The window cleaner, sir." Mr. Root wheeled about and looked at the boy. "See here, James," he said, "we call men by their first names here. We don't 'mister' them in this office. Do you understand?" "Yes, sir." In ten minutes the door opened and a small, shrill voice said: "There's a man here as wants to see you, Elihu."--Nashville Banner.

needs plenty of rest, when working so hard. One must be awfully careful not to overwork himself as he will go "stale." Three weeks is plenty unless he has an overabundance of weight to take off. The methods used by modern boxers and those of years ago are quite different. Every boxer has his own ideas in regard to conditioning himself for a contest.

Tim McGrath, who is handling Jack Monroe for his contest with Jeffries, is one of the best trainers in the business. The boxers nowadays train for speed and accuracy in delivering blows to a vital point, where they will be effective in the quickest time. Jim Corbett was the cleverest of the big fellows. Jack Monroe, his next opponent, is a very good man, standing next to Jeffries, but can't wrest the championship from the holdmaker. I was in Monroe's corner the evening in Butte when he got the money by staying 4 rounds and since then he has steadily improved.

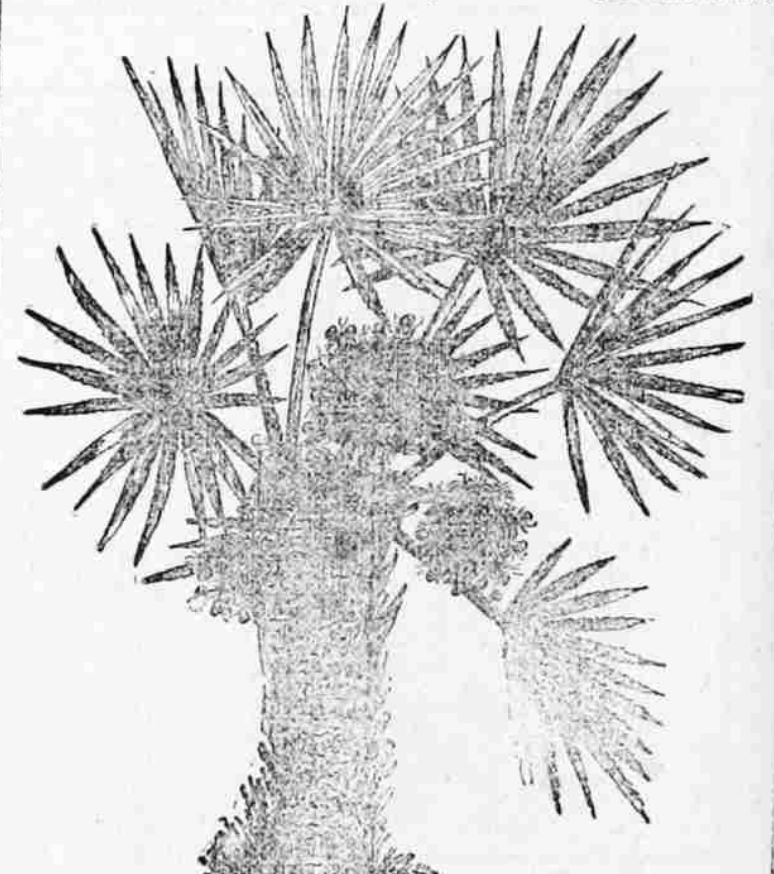
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